

ELLINGTON TOWN CRIER
A SENIOR CENTER NEWSLETTER

OCTOBER 2010

Erin R. Graziani – Director
Jean Baseel – Assistant

Ellington Senior Center
16 Church Street
PO Box 187
Ellington, CT 06029

Receptionists – MaryAnne Mandell,
Carole Quarrington

TELEPHONE NUMBER
(860) 870-3133

Transportation Program Secretaries
Florence Brennan, Susan Shepard

TRANSPORTATION NUMBER
(860) 870-3137

Van Drivers- Peggy Anderson, Mike Joslin
& Kathy Sherokow

**To Access the Town Crier News &
Calendar on the Town Website:**

www.ellington-ct.gov
Click: "Our Town News"
Select: "Newsletter"
Select: "Senior Center"

Senior Center Hours:

Monday: 8:30am – 6:00pm
Tues – Thurs: 8:30am – 4:00pm
Friday: 8:30am – 1:30pm

Fall greetings! A friendly reminder about our transportation services; please make note, all **shopping** venues are designated for only 1hr and 15 minutes.

The Senior Center is having an open house to welcome any newcomers. Please come on Wednesday, October 13th to the open house scheduled for 7pm. This is a meet and greet time to let you know what we are all about here.

The Ellington Senior Center is fortunate to have Lauren Crabtree as a college intern for this semester. Many of you have already had the pleasure of meeting Lauren. Look inside this month's newsletter for Lauren's introduction and some new programs she is offering.

We are looking for volunteers to help with this year's Flu Shot Clinic to be held on November 2nd at the Ellington Middle School. If interested, please let me know.

It has been brought to my attention that Ellington American Legion Hatheway-Miller No 62 and Moe Webber have been recognized as recipients of the Earle S. Crooks plaque for 2010. This is an award that is given annually to the American Legion Post sponsoring the most candidates to American Legion Boy's State. We are so happy for Moe, and the recognition he has received. He is so deserving of this recognition/award.

Don't forget to get an early start on your holiday shopping. The Holiday Bazaar is set for Saturday, November 6, 2010 from 9am – 2pm. Our crafters are looking for individuals to make homemade fudge, cakes and pies for this event. A sign-up sheet is available in the main room of the Senior Center. We need all you great bakers. Come and see us to make your holiday perfect!!!!

Erin

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW
31 Arbor Way, Ellington, CT 06029 Phone: (860) 870-3131

TRIAD PROGRAMS

Oct. 19th **Ellington Emergency Call System-** 1pm at the Ellington Senior Center. Don Davis, Emergency Management Director, will provide an update on the new Everbridge System & how it will be used in town during emergencies. This is a free Lunch & Learn program. Lunch will be served at 12:30pm/speaker at 1pm. Call the Senior Center by Oct. 15th to register to attend &/or set up transportation.

Oct. 28th **Bald Eagle Study Group presentation**—The Better Age Club & TRIAD will host Mr. Donald Hopkins who will speak on the Bald Eagle Study group & show slides on the Eagle count done each year in CT. Call the Senior Center by Oct. 21st to register to attend &/or set up transportation. Refreshments will be served.

Nov. 2nd **SAVE THE DATE: ANNUAL SENIOR CITIZENS FLU SHOT CLINIC.** Contact the Senior Center to set up your appointment to receive the flu shot. This is an “appointment only” clinic. Shots will be given by the Visiting Nurse & Health Care Services of Vernon from 9am to 11:30am. This year’s flu shot will actually have 3 strains within one dose & the H1N1 vaccine will be one of the strains. Please bring your Medicare card or health insurance card from Aetna, Anthem Blue Cross, ConnectiCare, HealthNet, or pay \$35.00 for shot. Contact the Senior Center to book transportation to get your flu shot &/or to schedule a ride to vote on Election Day. Flu shots will be given at the Ellington Middle School. Voting will be held at the Ellington High School. The Senior Center van is offering transportation to both locations.

October is...

Energy Assistance Applications: The Town of Ellington Human Services office is assisting eligible applicants with the Access Energy Assistance applications. There is income & asset limits for this program—call Anna Turner at (860)870-3131 to get these details or set up an appointment.

Parkinson’s Disease Support Group: Next meeting will be held on Friday Oct. 15th at 10am at the Ellington Senior Center. Anyone with Parkinson’s disease & their family/friends can attend. The group will be discussing plans to attend the Parkinson’s disease annual fall conference on Nov. 8th in Sturbridge, MA. Transportation will be provided to this conference by the Senior Center van.

National Breast Cancer Awareness Month - Have you had your annual mammogram? Please make sure to have an annual mammogram & perform self breast exams. Early detection of breast cancer is vitally important! For more information speak with your physician or go to www.nbcam.org. If you do not have health insurance & need a mammogram, contact the Women’s Center for Wellness at (860)533-4646 for details on getting a free mammogram.

Oct. 7th is National Depression Screening Day - One in every 6 adults has a mental illness yet because of stigma & other factors, fewer than half of those suffering actually seek treatment, even though treatment is often successful! The National Depression Screening Day raises awareness & screens people for depression & related mood & anxiety disorders. You can do a mental health screening online at www.mentalhealthscreening.org or you can order an in-person screening kit.

PROGRAM HIGHLIGHTS

Ballroom/Polka dance classes will resume in the November/December time frame.

Better Age Club – October 14; presentation by Ellington Emergency Preparedness Director Don Davis. October 28; Mr. Don Hopkins will present his work on the Bald Eagle study. Better Age is held the 2nd & 4th Thursday of the month at 1pm in the main room of the Senior Center.

Line Dancing will begin on Monday, October 18, 2010 - 1:00 beginners; 1:30 regular. Classes will be taught by Gloria Klocker & Lucille Rothammer until Amelia Kurpat returns. Line Dancing is held every Monday afternoon of the month.

Memory & Creative Writing – is beginning a formal written documentation in honor of some of our deceased members to be part of Ellington Senior Center's celebration of their 15th year of operation in the year 2011. Memory & Creative Writing is held the 3rd Thursday of the month at 1pm in the main room of the Senior Center.

Musical Insights - October 11, 2010; there will be no Musical Insights in observance of Columbus Day. October 25, 2010; program presented by Carolyn Cook on Light Foot ~ Burl Ives. Musical Insights is held the 2nd & 4th Monday evening of the month at 6pm in the main room of the Senior Center.



HEALTH & WELLNESS NEWS

Blood Pressure Clinic & Diabetic Screening – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30pm – 3:00pm. Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

Flu Shot Clinic – November 2, 2010. Ellington Middle School. Bring your Medicare card, or health insurance card from Aetna, Anthem Blue Cross, ConnectiCare or Health Net, or pay \$35.00. By appointment only. Contact the Ellington Senior Center for further details.

Podiatry Clinic – Held at the Senior Center the first Wednesday of every month at 9:00am. Cost is \$28.00. Podiatry nurse, Rita Vigneau, will be at the Senior Center on Wednesday, October. Call Rita directly to schedule your appointment. She can be reached at (860)742-1102. The Senior Center does not schedule these appointments. Van service is available.

OCTOBER PROGRAMS

(All programs require a sign-up. Call the Senior Center at (860)870-3133)

McSweeney Dental Screening – The Ellington Senior Center working in conjunction with the Town of Ellington Human Services Department is offering a **FREE** dental screening program for Ellington senior residents on 10/13/10 from 1-3pm at the Senior Center. The screening will be done by a dental hygienist from McSweeney Senior Dental program. Call the Senior Center to sign-up.

Parkinson Support Group – October's meeting will be held on Friday, October 15, 2010 in the main room of the Senior Center. The group will be discussing plans to attend the Parkinson's Disease annual fall conference on Nov. 8th in Sturbridge, MA.

"Free" Lunch & Learn Program - Tuesday, October 19, 2010 at 1pm. Don Davis, Emergency Management Director for the Town of Ellington, will provide an update on the new Everbridge system and how it will be used in town emergencies.

Relaxation & Renewal – Part 2 –Thursday, October 28, 2010 (7pm). Holly Gibson M.S., C.P.E is returning! So many of you enjoyed her first program so well that we are bringing her back for Part 2. Sign-up at the Senior Center.



ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMAT)

(EMAT) is a transportation service for non-emergency medical appointments for Ellington residents. The program is funded, in part, by the Older Americans Act through the North Central Area Agency on Aging. Please note: EMAT appointments are offered Monday – Thursday between the hours of 9:00am – 2:30pm; Fridays between the hours of 9:00am – 1:30pm (The last appointment time of the day). All EMAT appointments have to have 14 days prior notice to our Transportation Department. Please check the calendar for holiday closings. \$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the Senior Center; shopping; "Out to Lunch" program and occasional evening events. Please request your transportation "packet" by calling the Transportation Line at (860)870-3137 between the hours of 9:00am – 12:00pm. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.*** \$25.00 is suggested as an annual donation for transportation.

TRIPS
Trip Coordinator: Ann Harford

Elisabeth Von Trapp Performing “The Kate”: November 17, 2010, Tours of Distinction brings Elisabeth Von Trapp performing “The Kate” at the Katharine Hepburn Cultural Arts Center in Old Saybrook, CT. A pre-theater luncheon of prime rib or baked stuffed shrimp will be served at the Riverhouse at Goodspeed Station in Haddam, CT, overlooking the Connecticut River and Goodspeed Opera House. Following lunch enjoy an afternoon of pre holiday entertainment featuring Elisabeth Von Trapp, granddaughter of the legendary Maria and Baron Von Trapp, as she performs “The Kate”. Cost of this trip is \$91.00 per person, orchestra seating. Package includes: transportation, luncheon, concert, and driver’s gratuity. Bus departs from the Ellington Senior Center at 10:00am, returning at approximately 6:00pm. For additional information contact Ann Harford at (860)872-0406.

UCONN HUSKIES WOMEN’S BASKETBALL: Madison Square Garden, NY City. Sunday, December 19, 2010; \$67.00 per person. Sponsored by the Ellington Senior Center and Ellington Parks and Recreation. Sign up at either location. Checks payable to Town of Ellington. Come to the Senior Center for more information. **Let’s Go UCONN!!**

Tropicana: Atlantic City’s Showtime Tour. January 18th – 20th, 2011; \$175.00 per person (double), \$171.00 per person (triple), \$245.00 per person (single) occupancy, \$20 cash bonus! For additional information and to sign-up, come to the Ellington Senior Center. Make the Tropicana your 2011 Boardwalk Destination!

Norwegian Cruise Lines invites you to Nassau: February 13, 2011. Sponsored by Tours of Distinction. Participants will depart New Your City on Sunday, arriving in Port Canaveral on Tuesday, then off to Great Stirrup Cay, Nassau. A bus will pick travelers up at the Senior Center on the morning of Sunday, February 13th, taking us right to the boat and delivering us back to Ellington in the early evening of February 20, 2011. Prices range from \$909.00 (inside cabin) to around \$1200.00 (mini suite). Registration is at the Ellington Senior Center. A deposit of \$250.00 is required upon sign-up. **Final payment is due on November 11, 2010.** For more information contact Ann Harford at (860)872-0406. Passports are required for this cruise.

